0 Short Clips Summary Lester Levenson

[Speaker 3] (0:00 - 1:19)

I cannot sell it like an external product. It is a subjective science. It is a science, and there's no external presentation of it.

It's the going through it, the experiencing of it, that proves it to you. And one of my basic principles is, believe nothing until you can prove it for yourself. The four things we can do with emotions, feelings.

The worst thing we do, of course, is suppress it. The next worst thing, or better, is escape it. Move it, and so forth.

The third thing we can do, which is the beginning of a relief from the suppression, The third thing is express the feeling or the emotion. And the fourth thing is the thing that we work on. It is dumping the suppressed emotions.

I can tell you what it is. It's so simple. Your mind is the sum total collection of all your thoughts and feelings to you.

Now, the majority of them we're holding subconsciously.

[Speaker 5] (1:20 - 1:44)

When we have a shock to the body, our muscles tighten up to protect us. We think that we need to have the tightness, which produces pain, in order to continue to be protected. So as soon as the tightness goes away, the fear comes up, and that will keep us unable to let go of the tightness.

[Speaker 3] (1:45 - 3:21)

Anything I say must be in duality, because I, Lester, am saying something to someone. So the absolute truth can be taught only in the silence. And that is a method of teaching.

What I said before is part of it, that the part of me that wants to help you can be contacted anytime, anywhere, in the silence. There doesn't have to be conversation, letter writing, or anything like that. Just call in the real me, anytime, and you'll see the way is being pointed out all the time.

Now, that's the greatest thing that a teacher does. A teacher points out the way. If we take the way, we get the answer.

A teacher cannot do anything for us but point out the way, inspire us, lend a little lifting power. But we must take that lifting power. We must take the direction.

We must see it for ourselves.

[Speaker 4] (3:34 - 3:40)

I allow myself to release the anxieties of having stress in my life. Okay.

[Speaker 2] (3:40 - 3:46)

The problem with that goal... Can you see the problem with that goal? Let me tell you.

I think you can see it. What's the problem with the goal?

[Speaker 4] (3:49 - 3:50)

The stress is very broad.

[Speaker 2] (3:51 - 4:33)

Well, there's something else, though. Basically, remember one of the points on goals is to not put in what you're trying to get rid of? Remember that part?

Okay. So how could you phrase that in a way where you're not holding in mind the negative? Where would you be if you'd already released the stress?

I'd be at a normal blood pressure. Yeah. So that would be the goal.

I allow myself to easily achieve and maintain... 110 over 70. Okay.

Or you can say normal blood pressure. Normal blood pressure. Okay.

Okay. Which would you prefer? Normal would be fine.

[Speaker 6] (4:34 - 4:34)

Okay.

[Speaker 2] (4:35 - 4:40)

Why don't you write it down? Do you want another sheet? Did you already write on one of the sheets?

No, I did not on this one here.

[Speaker 4] (4:45 - 4:50)

Okay. Okay. Okay.

Let me hear it. I allow myself to enjoy normal blood pressure.

[Speaker 2] (4:51 - 4:51)

Okay.

[Speaker 4] (4:52 - 4:59)

Is that all right? I would put enjoy having. Okay.

[Speaker 2] (5:00 - 5:00)

Let me hear it, though.

[Speaker 4] (5:01 - 5:04)

I allow myself to enjoy having normal blood pressure.

[Speaker 2] (5:04 - 5:05)

Okay. Great.

[Speaker 4] (5:05 - 5:06)

That feels good.

[Speaker 2] (5:06 - 5:09)

All right. Now, so read the goal out loud. Okay.

[Speaker 4] (5:10 - 5:13)

I allow myself to enjoy having normal blood pressure.

[Speaker 2] (5:13 - 5:15)

Okay. What's your now feeling about the goal?

[Speaker 4] (5:20 - 5:23)

It's a good goal. It's a good goal, yeah. Okay.

[Speaker 2] (5:24 - 5:40)

I feel a greater peace today than I have done in a long time. Okay. Does anything become aware of some of the wanting to control?

Relating to that. Did you just release something?

[Speaker 6] (5:41 - 5:51)

No. I think the feeling is... You center on it and then it...

You're right.

[Speaker 2] (5:51 - 6:23)

It slips out, real thing. See, the thing is releasing takes no effort. All the effort that we spend all day long is all the effort that we're expending to hold on.

When you go with the river, there's no effort. But when you resist the river, swim upstream, it's a lot of work. So when you stop, when you let go, you just go with the flow.

There's no effort. Zero.

[Speaker 4] (6:24 - 6:33)

See, yesterday I was going through some blockages. And last night through some blockages. And I was, I mean, I was forcing, I was pushing, I was...

And it wasn't happening.

[Speaker 2] (6:33 - 6:39)

Was that some wanting to control the process? Yes. Very much so.

Okay, see if you can become aware of that now.

[Speaker 6] (6:45 - 6:48)

All right. You always do it.

[Speaker 5] (6:50 - 6:54)

You just let it go anyway. That's good.

[Speaker 6] (6:54 - 6:56)

Yeah. Good. Terrific.

[Speaker 2] (6:57 - 8:23)

I don't want any of those feelings. Good. I guess you get two more checks.

I got those there. Well, every emotion culminates in just two wants. The wanting approval and the wanting to control.

And as we work this weekend, we'll be working on just those two wants. And you see as you focus on those two wants and start to let those go, you'll see that your releasing is greatly accelerated. By the way, something very important.

Want equates to lack. There's absolutely nothing wrong with being in control. There's

nothing wrong with loving or having approval.

The problem is we're always wanting it. And when we're wanting it, we're holding it away. So what we'll be doing is letting go of that wanting approval and that wanting to control.

And as we do that, you'll see whatever you've achieved so far with releasing will be greatly accelerated. And you'll also notice that when I ask the questions, I'll be just saying, could you? Because the would you and the want is really not necessary with approval and control.

You'll see as you start to become aware of your wanting approval and control, even more than with the emotions, you'll have a tendency to just let it go. It's like you'll notice you're wanting to control it a little, and it's just gone. Because it's natural.

It's a natural part of us to let go of our wanting approval and wanting control once it's identified.

[Speaker 1] (8:24 - 10:14)

The number one hold down is the wanting to survive as a body, which comes out as the fear of dying. Out of that evolves every other feeling. If I get everyone's approval, I'm safe, I'll survive as a body.

If I can't get their approval, I want to make them approve of me, so I'll be safe and survive, and that's control. But because you're so fearful of allowing the feelings of the fear of dying to come up, you need to work with approval and control first. And when you release that appreciably, naturally up comes the bottom fear of dying for you to release.

If you're committed, as you say you are, to allow the feelings of the fear of dying up, and allow them to go out. Did you hear that word allow? That's just the way it happens.

Instead of holding it down, you allow it up and out. Because it's trying to push up and out all the time. Every suppressed feeling is.

So when you do it, it's easy. It comes up in waves and goes out until the waves stop and then you're finished. But this is an assignment.

From here on, produce everything you want by releasing until it gets to be permanent. When it's permanent, you're awfully close to being free.

[Speaker 3] (10:18 - 10:22)

I'm a little confused. That means we take no action physically?

[Speaker 1] (10:22 - 13:31)

No. In your mind, you take no action. When you release and you let it happen, your body goes through the motions, but you have a sense of being not the doer.

It's not me, but the Father who worketh through me is the sense. It's letting go of I, me, ego sense and letting God run the body. Why don't you answer these questions yourself?

Why do you have to have me answer a question like that? Do you see why you want me to answer it? You want my approval.

You want my attention. A question like that, you can answer. See, now you're bothered because you feel maybe I'm putting you down.

I won't approve of you. But all these little intellectual questions, you can answer yourself and they get you nowhere fast. They take the place of releasing.

Instead of releasing, you're questioning things. The whys and wherefores of things never give you any answer. They just satisfy the intellect, which is a thing you want to get rid of.

Hmm. So, please release only. Don't ask whys.

Why this? Why that? It's a dumb question in the first place because asking why, now why isn't it the way I think it should be?

That's all you're saying. Whenever you ask why, you're asking someone to explain it so it fits in with your knowledge, which is lower than college. That's down in elementary school.

So try to get out of the habit of why questioning. Just do it. Throwing up whys is specifically avoiding doing it.

So get whys, kill the whys. Get w-i-s-e and kill the w-h-y-s. And when you get stuck, use the how-to and the method.

Let go of wanting to change the feeling of stuckness. If it's a vague feeling, let go of wanting to change that vague feeling and it releases and then you can attack the fear of dying feeling.